

Space Nutrition



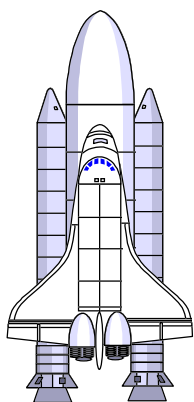
Volume 2

Safety First

Issue #1

STS-107 Facts

The STS-107 crew continue with their training. Even though they were close to being finished, they still need to practice their skills for performing the calcium kinetics and other experiments during the flight.

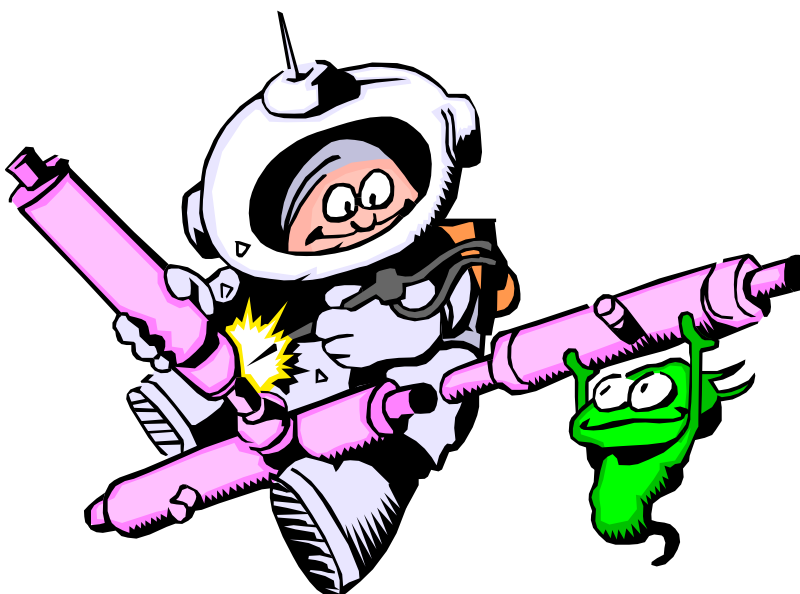


News from Space

The International Space Station is currently home to its fifth crew, also known as Expedition 5. Crewmembers include two Russian cosmonauts, and astronaut Dr. Peggy Whitson. Peggy grew up on a farm in Iowa before studying at Rice University in Houston, TX. She is a biochemist who worked in the NASA Life Sciences laboratories before being selected as an astronaut!

Welcome to Volume 2 of the Space Nutrition Newsletter! When we closed Volume 1, we were about 30 days from the launch of Space Shuttle mission STS-107. However, this mission, and others, have been delayed. Engineers found some tiny cracks in the lining of the fuel pipes of Space Shuttles after other flights. These cracks had to be evaluated and repaired before the Shuttles are safe to fly. STS-107 is currently scheduled for launch no earlier than January 16, 2003. Stay tuned.....

Two other missions are planned before STS-107- both to fly to the International Space Station. While it is a bit disappointing to have to wait a few more months, there is nothing more important than safety. In fact, one of the mottoes used here at NASA is "Mission Success Starts with Safety."



Safety is not only important for the Space Shuttle and astronauts, but for everyone - including you! You can find many ways to be more aware of safety - everything from wearing a seatbelt or bike helmet, to making sure that your family has a plan for getting out from your home in case there is a fire.

Did you know?

Safety is as important in our everyday lives as it is on the space shuttle.

Head or body protection tips:

Astronauts wear helmets for protection during launch, space walks, and landing. They wear space suits to protect themselves from the harmful effects of radiation.

You should wear your bicycle helmet for protection. Wear it flat on your head, not tilted back at an angle. Use safety glasses to protect your eyes during science lab.

Food safety tips:

The astronauts' foods are tested for bacteria before each batch is flown.

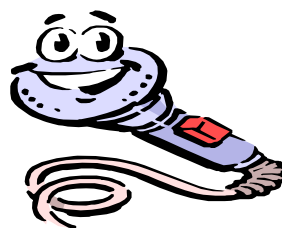
Cookie dough contains uncooked eggs and can carry bacteria that make you sick from food poisoning. So, wait till the cookies are done before digging in.



Word of the Month

Anemia

Can you guess what this word means? Look for the meaning of the "Word of the Month" in the next issue of Space Nutrition



FUN CORNER

Find these everyday safety words:

Rules
Police
Seatbelt
Carseat

Alarms
Fireman
Airbag
Lifevest

Goggles
Helmet
Kneepads
Gloves

I	S	T	E	M	O	G	T	I	M	O	L
C	N	E	P	E	L	A	R	C	O	D	I
E	F	V	A	O	M	A	R	H	T	U	F
R	O	L	V	T	L	I	N	E	A	R	E
A	S	E	X	F	B	I	S	L	E	E	V
I	S	M	P	I	T	E	C	M	S	V	E
R	H	B	E	R	O	I	L	E	R	S	S
B	A	H	R	E	U	C	G	T	A	D	T
A	L	I	L	M	B	L	S	A	C	A	E
G	A	U	U	A	I	R	E	O	T	P	C
S	R	I	R	N	T	I	S	S	M	E	O
T	M	N	N	D	C	V	O	F	Q	E	R
C	S	E	L	G	G	O	G	A	R	N	P
R	S	C	Q	N	P	R	I	F	U	K	E

Check out these cool links for more safety facts:

<http://spaceflight.nasa.gov/shuttle/reference/basics/>

<http://www.fda.gov/oc/opacom/kids/default.htm>

<http://www.cpsc.gov/kids/kids.html>



Check out the Nutritional Biochemistry Laboratory's website for information about nutrition and space.

www.jsc.nasa.gov/sa/sd/facility/nutrition.htm